

# Teaching Video Production of Micro Course of Abdominal Plastic Training

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## Abstract

In recent years, with the rapid progress of network information technology and the special situation of the epidemic, the term "micro-course" has gradually appeared in people's eyes. The term "micro-course" is a special mode of teaching and learning dissemination, which enables learners to learn systematically without having to leave home. This micro-course is aimed at the abdominal muscles (rectus abdominis, external oblique abdominis, and serratus anterior) and is intended for all fitness enthusiasts. The person presenting the theoretical knowledge and the exercise method is explained and the main points of the movements for the exercise are explained. Here we talk about the exercise method of abdominal muscles and the post work of shooting video clips and video compositing.

## Keywords

Abdominal; Theoretical knowledge; Movement points; Video clips.

## 1. Introduction

In recent years, with the continuous development of science and technology and the continuous improvement of human quality of life, people pay more attention to their health, with the outbreak of the epidemic, people began to focus on their own physical quality, improve their immunity, which set off a fitness boom [2]. The number of domestic fitness has increased dramatically, more and more people began to step into the fitness industry, the fitness industry is growing rapidly, and gradually become the new "sunrise" industry.

With the wide application of multimedia technology nowadays, micro-courses as a kind of learning materials with good sharing and dissemination have appeared subsequently, using multimedia, video editing technology and audio technology to show the theoretical knowledge and action points of abdominal muscle exercise in front of the gym goers, so that the gym goers can correctly use these actions to exercise abdominal muscles and enhance the physical quality of the gym goers.

## 2. Research

### 2.1. Background of the Study

With the continuous development of the fitness industry, however, many office workers in the fitness will encounter time or space constraints, and can not exercise, and, online fitness knowledge is disorganized, so people can not choose, will not be scientific arrangement of fitness plans. Fitness market lacks a large number of instructive fitness videos and fitness products, according to which a variety of foreign fitness products, domestic fitness software such as keep, such fitness tools can make fitness practitioners according to their own exercise characteristics, fitness environment to choose the right training, only choose a suitable training

method for the fitness of their own, to have a better exercise effect, to promote the muscle The body can be produced and never get stronger.

## 2.2. Purpose and Significance of the Study

The abdomen is the source of power for the entire upper body of the gym, the strength of the abdomen often represents the core strength of the trainer, so to develop a strong body, abdominal training is often indispensable, the abdomen is the most important power initiation point in the upper body training, when doing upper body training, always feel the power of the abdominal muscles. Therefore, the production of abdominal plastic training micro video, through the micro course video, fitness enthusiasts watch the video, the human abdominal muscles as the object of study, the method of exercise, exercise posture, action points for the corresponding explanation and demonstration, so that fitness enthusiasts can master the correct exercise method of abdominal exercise, so as to avoid exercisers in abdominal exercise, because there is no professional theoretical knowledge and correct fitness action. And muscle damage and other problems.

With the progress of society and the rapid development of economy, people's life is getting faster and faster, especially office workers, who are busy working every day, they often have little opportunity to go to the gym for professional fitness activities because of time and space. In recent years, with the rapid development of mobile internet and the rapid popularity of smart mobile devices, more and more people are using the internet to complete some life services [5]. For those who have little time, or in the monetary aspects of the difficult groups can be through the micro-video course fitness, so as to save resources and achieve the purpose of fitness, two birds with one stone. I hope this micro-course video can help and guide fitness enthusiasts.

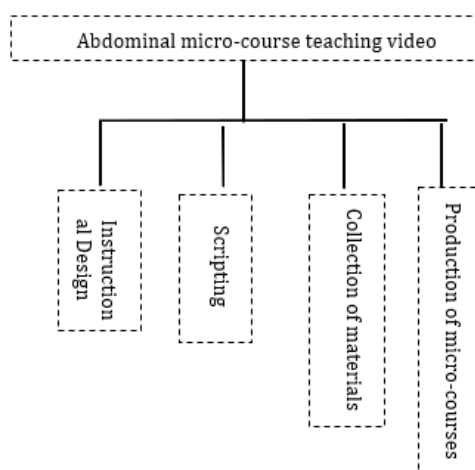
## 2.3. The Main Content of the Study

Nowadays, people's standard of living is getting higher and higher, and they pay more and more attention to their own body, and there are various exercise methods and exercise postures on the Internet. We use more and more fitness knowledge to present to people.

This micro-lesson video mainly focuses on abdominal muscles, through theoretical knowledge and exercise method explanation, video screen presentation, to achieve the micro-lesson purpose.

## 3. Pre-preparation for Micro-course Design

In order to make the micro-course teaching video can achieve the expected teaching effect, it needs to make the pre-preparation work and make the following preparation work flow chart.



### 3.1. Instructional Design

Instructional design is an indispensable part of making micro-course videos. Instructional design is the process of determining the starting and ending points of teaching according to the learning objectives and characteristics of learners, so as to optimize the teaching effect. It makes the teaching and learning process more rational and effective. It is the process of using a systematic approach to scientifically solve educational problems with the goal of optimizing educational outcomes and solving educational problems. To learn the correct knowledge of fitness theory from the bodybuilders, to master the correct fitness posture and to achieve the desired fitness goals.

### 3.2. Demand Analysis

If you want to design a micro-course video that better suits fitness enthusiasts, you should first choose various aspects such as teaching objectives and teaching contents. Such a choice should not only rely on the subjective will of the micro-course video maker or pedagogue, but also go for the analysis of teaching and learning needs; in the process of micro-course video production, you should clearly understand what problems and needs exist in the teaching aspect of the video, which also clarifies the video production. In the process of making micro-course videos, it is necessary to clearly understand what problems and needs exist in teaching and learning, and also to clarify the production direction of the videos, so that we can determine what to design and produce and what type of micro-course videos to make. Then a detailed analysis of the teaching content is made and clear teaching objectives are set based on understanding the learners, which facilitates the control of the design and production of micro-course videos.

### 3.3. Teaching Objectives

Through the micro-course teaching video in teaching to provide fitness enthusiasts with an interactive learning environment that combines intuitiveness and image, making full use of the powerful functions of multimedia, through the display and explanation of the teaching content, fitness enthusiasts can establish the correct theory and practical experience of abdominal exercise and better master the exercise skills.

### 3.4. Teaching Content

The abdomen is an important part of the human body, abdominal training for every fitness, should pay attention to, because want to train a good shape, perfect body, can not be separated from the shoulders, and fitness training in the abdomen also play this irreplaceable role.

This micro-course instructional video focuses on the abdominal muscles and shows how to perform abdominal strength exercises. Details of the location and function of the muscles involved in this course, action names, exercise principles, exercise methods.

## 4. Collection and Processing of Micro-course Materials

After the preliminary planning is completed, the collection of materials can be carried out. Collect the required pictures, sounds, and corresponding text information from the Internet, invite professional fitness instructors, and shoot the video through the text script that you have developed, which is the collected pictures, music, text, video materials, etc., and sort them into folders. The picture material can be processed by Photoshop, such as picture scaling, keying, adjusting the transparency of the picture, etc.; such audio material can be recorded by the recorder of your own cell phone and audio processing by GoldWave; the video material can be edited and processed by Premiere Pro for cutting, grouping, etc.

## 5. Video Export

Check the whole video, modify the corresponding clip name, put the corresponding clip into the corresponding clip folder, and put it into the "Li Xiaopeng Graduation Design" folder. Try to see the integrity of the video again, make sure there is no problem, and then export the video.

## 6. Conclusion

After several months of study, preparation and production, I finally completed the teaching video of abdominal plastic training micro course. From the beginning to the determination of the topic of the paper, and then to the completion of the paper, each step is a new challenge and new attempt for me. In this process, I learned a lot of knowledge and skills, such as Premiere Pro CS6, Photoshop The operation of GoldWave and other software has been further understood and mastered. Learn and master the skills of video shooting, processing, post synthesis, audio recording and audio input.

I hope this video can help those who like fitness, correct their wrong fitness posture and master the correct theoretical knowledge of fitness.

## Acknowledgments

Natural Science Foundation.

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